

A WEARY WORLD: **Week One**

Saturday: Let's Just Be Honest...

Today's reading wrapped up the first week in our journey of reflecting on A Weary World together. The passage summarized key points from Week 1 and reminded us that, even when it is difficult, you must honor reality before you can practice greater honesty (involving close ones about your circumstances). I believe another important takeaway was how individuals hesitate to be honest with others because it often creates an uncomfortable environment. Most people do not know how to respond when someone confides in them with vulnerable information. Hint: Don't interpret someone being honest with you as them asking you to fix it. The best thing to do if you are uncertain is directly ask how you can best provide support. Instead, many overreact with misinformed advice and push the person struggling further away. Book discussions like this are how we can improve as a society!



Today's Reflection

Question:

What is one step you can take to practice better honesty this holiday season?